

Intermediate Massage

Assessment Tasks

The assessment for Intermediate Massage is composed of three assessment tasks which are due by the dates listed below.

Task number	Task name	Due date	Weighting
1	Sports Massage	20 Sep, 2009	N/A
2	Clinical Assessment	16 Nov, 2009	70%
3	Theoretical Examination	25 Nov, 2009	30%

You will be given written and/or verbal feedback on completion of each of the written assignments.

If you are unsuccessful the resit policy will be applied.

Intermediate Massage

Describe how to adapt massage for different conditions including sports, onsite, pregnancy, disability and selected medical conditions

Sports Massage Assessment Task

For this assessment task you are required to provide post-event massage to athletes at a multisport event, and to reflect on the experience.

There are two ways in which you can complete this assessment task

Option 1 : Moro Marathon

You may provide massage to athletes in the Moro Marathon. You will be assessed on your participation, and on your demonstrated understanding and application of the principles of post-event massage.

Option 2 : Other multi-sport event

If you are unable to attend the Moro marathon, you will be permitted to provide post-event massage to athletes at another sporting event. After the completion of the event you will need to write up your experiences of sports massage and how they are aligned with the principles of post-event massage.

Your report will be assessed on it's demonstration of your understanding and application of the principles of sports massage.

You must include a signed attestation from the organisers of the event stating that you were providing massage to the athletes in the event.

Resources

Class notes & readings
Bill Robertson Library
Textbooks
Internet

Intermediate Massage

Competently perform a subjective assessment

Identify the presence of disease, injury or dysfunction through palpation of soft-tissue at an intermediate level

Develop a treatment plan from observation and palpation of soft-tissue and subjective analysis

Apply massage techniques at an intermediate level in accordance with the developed treatment plan

Use bolstering and positioning to enhance treatment

Use palpation to assess the therapeutic response to treatment

Clinical Assessment Task

For this assessment task you will be required to provide a 1 hour massage to a client in the student massage clinic. During this massage you will be assessed on your ability to

- Competently perform a subjective assessment
- Identify the presence of disease, injury or dysfunction through observation and palpation of soft-tissue at an intermediate level
- Develop a treatment plan from observation and palpation of soft-tissue and subjective analysis
- Apply massage techniques at an intermediate level in accordance with the developed treatment plan
- Use bolstering and positioning to enhance treatment
- Use palpation to assess the therapeutic response to treatment

Pre-massage preparation

Following the client interview, when the client is disrobing and getting ready on the table you will be expected to

- Explain to the assessor the implications of any medical conditions on the client details form
- Explain to the assessor the implications of any medications on the client details form
- Record their treatment plan in the client records

If you are unfamiliar with either medical conditions or medications, you will be permitted to look up these conditions in either the clinic pathology text, or on the medical databases. You will not be permitted to use reference material for the following conditions

- Blood clots/thrombosis
- High/low bp
- Pregnancy
- Recent injury/surgery

Massage application

Before applying massage to each area of the body you will be expected to observe the area for any signs of disease and/or injury. You should verbalise whatever observations you make to your assessor.

During the massage any significant palpatory findings should be mentioned to your assessor as well as your interpretations of these findings.

You are expected to follow best practice principles of massage application.

Following treatment of at least one area of the body you must palpate the area and mention any changes in the condition of the soft-tissue to your assessor.

Record Keeping

All points of relevance to the massage treatment should be recorded in the client records including

- Client and treatment goals
- Subjective assessment findings
- Observations
- Palpatory findings
- Analysis of assessment results
- Treatment planning

To be marked as competent, you must record a minimum of 75% of the points discussed in the client history taking process.

Resources

You will be permitted to use the following resources during your clinical assessment

- Massage clinic table, drapes, oil and other related equipment
- Any textbooks which are required or recommended within the Otago Polytechnic massage therapy programme(s). Any textbooks used must not have writing on any of their pages.
- Online medical databases

Intermediate Massage

Competently perform a subjective assessment

Develop a treatment plan from observation and palpation of soft-tissue and subjective analysis

Describe how to adapt massage for different conditions including sports, onsite, pregnancy, disability and selected medical conditions

Theoretical Examination

In this final piece of assessment you will be required to answer a series of questions which will assess

- Your comprehension of theoretical models relevant to the practice of massage at an intermediate level
- The ability to apply these theoretical models in the clinical context
- Your understanding of how to modify your massage application to effectively and safely treat a client with any of the following client conditions
 - Sports
 - Pregnancy
 - Chronic illness
 - On-site massage
 - Disability
 - Selected medical conditions (you will be informed of the range of possible medical conditions at least one month prior to the exam)

Resources

This is a closed-book test.